

FITTER RADIO LONG DISTANCE TRAINING CAMP 2016 ITINERARY

FRIDAY 5 FEBRUARY:

Breakfast and Open Water Swim for those athletes arriving Thursday 4 February

7.00am Breakfast at CAMP HQ

8.00am Open Water swim (45 – 60mins) - Easy swim around Acacia Bay with Bevan in the water with the group

FULL CAMP BEGINS

10.30am – 1.00pm

2hrs 30mins off-road endurance run from CAMP HQ on Acacia Bay Road to Huka Falls Track and return. Athletes can perform this workout based on their own coach's instructions however the suggested camp workout will be to negative split the run with a building/tempo finish of 20-30 mins in Zone 3 heart rate/pace or ABOVE Ironman effort. Athletes run an 'Out and Back' leg (75 mins out then return) from Acacia Bay Road, Norman Smith Street, Spa Road, County Ave into Spa Park and then out along Huka Falls track before turning and returning to Acacia Bay via the same route. Faster athletes will start from Camp HQ and slower runners will be shuttled to Norman Smith Street. Balance hydration and nutrition will be available in Spa Park as athletes enter and return from Huka Falls track.

2.30pm – 4.30pm

Approx. 2hr ride on the first portion of the IMNZ bike course. Bevan will lead an easy recovery ride from Acacia Bay into Taupo and around the course. Leaving Acacia Bay riding into Taupo along waterfront and up the Napier/Taupo hill, Crown Road, Miro Street onto Broadlands, down past the Race track, turn around and return home via IMNZ bike route returning to Acacia Bay.

7pm

Group dinner at Camp HQ

Nutrition Q & A session Mikki Williden

SATURDAY 6 FEBRUARY

6.00am – 6.45am

Breakfast.

7.00am – 8.15am

60mins open water swim at Acacia Bay

8.30am onwards

90km ride on IMNZ bike course. Athletes can perform this workout based on their own coach's instructions however the suggested camp workout will be to ride in Zone 2 heart rate/power and to include 4 x 20 minutes big gear, low cadence 60-70 rpm at half ironman intensity intervals with 10 minutes easy cycling between each effort. These intervals should be performed on the flat section to Reparoa and in an aero position. Ideally 2 intervals on the way out and 2 on the return leg to Taupo. A car with hydration, nutrition and bike repair gear will be set up along Broadlands Road heading to Reparoa.

Athletes will complete approx. 14km run off the bike along the IMNZ

7pm

Group dinner at Camp HQ

Q and A session with Bevan McKinnon

SUNDAY 7 FEBRUARY:

6.00am – 6.45am

Breakfast

7.00am – 7.30am

30-45 mins Open Water Swim

7.45am onwards

180km ride on IMNZ bike course. Athletes can perform this workout based on their own coach's instructions however the suggested camp workout will be to ride at predicted IM pace/effort/power or alternatively negative split the second lap by riding easy for the first lap and then at or above IM pace/effort/power for the 2nd lap. A car with hydration, nutrition and bike repair gear will be set up along Broadlands Road heading to Reparoa.

Athletes will complete a 7 to 14km run off the bike from accommodation in Acacia Bay. Athletes can perform this workout based on their own coach's instructions however the suggested camp workout will be to negative split the run with a building/tempo finish of 20-30 mins in Zone 3 heart rate/pace or ABOVE Ironman effort.

Balance hydration and nutrition will be available at the swim to bike transition as well as on the corner of Rainbow Drive on the run course.

7pm

Group dinner at a restaurant TBA

MONDAY 8 FEBRUARY:

7.00am – 7.45am

Camp Breakfast

8am – 9.30am

Mini aquathon – details TBA!

11am

Vacate accommodation